

NEW SIGNS IN THE 'HOOD...BUT DO THEY WORK?



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The next **LINK** deadline for
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[Instagram](#) to see our #CoopTour posts.



If you'd like to see City Park featured, please send some photos and facts about our co-op to CityParkLINK@gmail.com

**MARK JUNE 5-8 IN YOUR
CALENDAR FOR CHF CANADA'S
AGM IN LONDON**



Get ready to be a part of **CHF Canada's 2019 Annual Meeting** in London, Ontario.

Each year, more than 750 co-op members, leaders and managers from across the country gather to

JOIN US ON SOCIAL MEDIA FOR A COAST-TO-COAST #COOP TOUR!

Did you know that there are over 2,200 housing co-ops across Canada? Small or large, urban or rural, new or old: they all have a story to tell.

Throughout 2019, we're going to be taking you on a virtual Co-op Tour across Canada. Each week, our social media channels will feature photos and trivia about one of Canada's many housing co-ops.

For our first post, we visited Canada's westernmost housing co-op, just a 10-minute walk from the Pacific Ocean. Follow CHF Canada on [Facebook](#), [Twitter](#), or



participate in workshops, network with fellow co-operators, and have their say in the business of their national federation.

This is the big not-to-be missed event for your housing co-op to get the information it needs for success: Choose from among 45 workshops for co-op members at the Member Education Forum (June 6-7).

Attend plenaries and workshops for staff/managers of housing co-ops during the Co-operative Management Conference (June 3-7).

Have your say on big decisions and discussions of Canada's co-operative housing movement during the National Business Meeting (June 8).

Join others from your region at the Ontario Members' Meeting and the Regional Caucuses (June 7).

Don't miss out on this great (and fun) event! Start planning and budgeting now to join us.

Registration and workshop information is posted:
www.chfcanada.coop

"Why do they call it rush hour when nothing moves?" – Robin Williams



FASCINATED BY CEMETERIES – PART V

Westwood Village Memorial Park Cemetery – Los Angeles

If you had to choose only one Hollywood cemetery to visit, Westwood Village Memorial Park would be your best bet. Joe DiMaggio chose this cemetery to be Marilyn Monroe's final resting place because it was sleepy and out of the way. Since then, the marble front of her niche in the mausoleum has been stained pink by all the lipstick kisses left by fans. The second most-visited grave in Westwood belongs to Natalie Wood, who starred in *Westside Story* and *Splendor in the Grass* and drowned in her nightgown after a night of partying on a yacht with her husband Robert Wagner and co-star Christopher Walken. Also buried in Westwood Memorial Park are Rodney Dangerfield (whose headstone says, "There goes the neighborhood."), Rat Pack crooner Dean Martin, Bob Crane (famous for *Hogan's Heroes* and the scandalous way he died), Carroll O'Connor (who played Archie Bunker), Gene Kelly (Singin' in the Rain), and original *Charlie's Angel* - Farrah Fawcett. There are hundreds of famous names buried here - it is indeed a star-studded affair.

The cemetery contains some especially sad stories. Dominique Dunne of *Poltergeist* fame and daughter of writer & investigative journalist Dominick Dunne was

strangled by an ex-boyfriend. Heather O'Rourke, the pretty blonde girl swallowed by the *Poltergeist* house, died of heart failure during surgery at the age of 12. 20-year-old Dorothy Stratten, a Playboy Playmate of the Year, was murdered by her husband. Among other famous people buried here are – Jack Lemmon, Frank Zappa, James Coburn, Roy Orbison, Janis Joplin, Burt Lancaster and Walter Matthau.

In addition to all the movie stars, Westwood has its share of writers. Billy Wilder, screenwriter of *Sunset Boulevard* and *Some Like it Hot*, has a headstone that reads, "I'm a writer, but then nobody's perfect." Author Truman Capote's ashes ('In Cold Blood') are in a niche facing the cemetery entrance - Gore Vidal's caustic statement on Capote's death – 'it was a great career move'.



Ancient Pompeii, Italy

The ruins of Pompeii are where you'll find Europe's most compelling archaeological site and burial ground. When Vesuvius erupted in 79 AD, it rained down volcanic ash and pumice stone for days. Pliny the Younger, who later recorded the events, thought that the end of the world had come.

Much of the site's value lies in the fact that the town wasn't simply blown away by Vesuvius in 79 AD but buried under a layer of burning fragments of pumice stone. The result is a remarkably well-preserved slice of ancient life, where you can walk down Roman streets and snoop around millennia-old houses, temples, shops, cafes, amphitheaters and even a brothel.

Pompeii had been a market town, home to 20,000. In 62 AD, a small earthquake caused damage to the city, but Vesuvius seemed to go back to sleep. What Pompeians didn't know was that the quake caused the gasses to build up until they blew off the mountain's crown. Rocks flew from the volcano, raining down to crush the city five miles away. Constant tremors flung down roofs and walls on people who'd just sat down to lunch. Most survivors grabbed what they could and fled. Others gathered provisions and hunkered down in their wine cellars to wait out the eruption. Some spent too long collecting up their treasures

- everyone who did not flee, died in the city.

More than 1500 bodies have been found. Others are still being discovered. The soft parts of the buried bodies dissolved over the centuries leaving bones inside people-shaped cavities in the volcanic ash. One archaeologist eventually guessed that he could fill the holes with plaster and see the shapes of people long gone – their gaping mouths show they'd



struggled to pull in one more breath as the hot lava flow buried

them. A mother reached toward her toddler. A man's arm extended toward his wife.

During my time in Italy, I made several trips to Pompeii. These ruins captured my imagination more than any other previously seen. The baths and brothel, the sumptuous villas of wealthy patricians, the cramped quarters of the servants. It was a living testament of daily life in the ancient world. Goethe saw it and wrote *"many a calamity has happened in the world, but never one that caused so much entertainment to posterity as this one"*.

The town was laid out in a grid pattern with two main intersecting

streets. The wealthiest took an entire block for themselves, those less fortunate built a house and rented out the front rooms as shops. The facades of the wealthy houses were relatively plain and seldom hinted at the lavishness within. When a visitor came in, he entered an open area – the atrium. Behind this was another open area called the peristyle with rows of columns and perhaps a garden with a fountain. Only good friends ever saw this private part of the house which was surrounded by the bedrooms and dining area. So different from today. In Pompeii, houses were designed around an inner garden so that families could turn their backs on the world outside. Today, we build homes that face the street and install enormous windows so we can observe the world go by.

Not that public life at that time was so intolerable. There were wine shops on almost every corner and frequent shows at the amphitheater. Dining was considered a great art. A sumptuous feast was the highlight of all social events – especially orgies. Since all manual labour was considered degrading, slaves did all the housework and cooking. The government was considered a democracy, but women, children, gladiators and Jews couldn't vote.

One of the most fascinating things about Pompeii was the graffiti found everywhere. Many were political announcements or bills announcing

upcoming events – a play at the theater, a fight among the gladiators. A good many were personal and give a human dimension to the long-ago life that ended so disastrously.

At the baths – “What’s the use of having a Venus if she’s made of marble?”

At a hotel – “I’ve wet my bed. My sin I bare. But why, you ask? No pot was anywhere”.

At a brothel – “May I always and everywhere be as potent with women as I was here”.

In a private house – “Apollinaris, physician of the Emperor Titus, had a good shit here”.

There are a lot of erotic drawings and statuary. In one patrician dwelling, there is a painting of a man resting his gargantuan penis on a pair of scales. Many of the drawings are kept out of sight of the public. But for a tip, the guard is more than willing to let you see them. As many as 2.5 million people pay their respects at the ruins of Pompeii each year.



The Taj Mahal, Agra, India

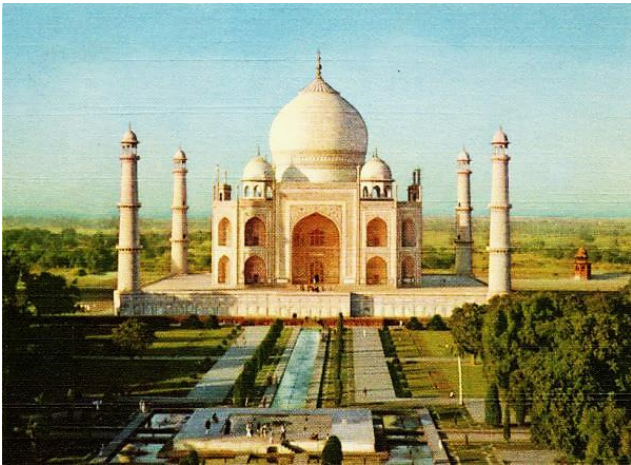
The world’s most famous burial building is the Taj Mahal. The immense white marble mausoleum was built between 1631 & 1648 by order of the Mughal emperor Shah Jahan in memory of his favorite wife, who died in childbirth. The legend goes that when she lay on her deathbed in 1630, the Empress Mumtaz Mahal requested that her husband never remarry and “build for her the most magnificent tomb the world had ever known.”

The Taj Mahal, which means Crown Palace, continues to be considered one of the 8 Wonders of the World. Built by 20,000 workers at a cost of 32 million rupees, the building employed craftsmen from many parts of India, in addition to Muslim artisans from the Middle East. The white marble walls are inlaid with agate and jasper and adorned with scrolling calligraphic verses from the Koran. It took nearly 20 years for the mausoleum to be completed.

The Taj Mahal stands on a raised platform 186 feet square. Its 58-foot-diameter dome rises to a height of 216 feet. Four minarets flank it. The vast burial complex also contains a main gateway, an elaborate garden, a mosque, a guesthouse, and several other palatial buildings. The Taj itself is surrounded by four reflecting pools. The river Jamuna passes behind it.

Inside the building, the graves of Mumtaz Majal and Shah Jahan stand on one side of the tomb - the only two bodies interred inside the Taj. Shah Jahan died in 1666. He had been deposed eight years earlier by his son, who imprisoned him in the Agra Fort across the river, where he could look out on his wife's tomb.

According to UNESCO "the Taj Mahal is the jewel of Muslim art in India and one of the universally admired masterpieces of the world's heritage". Three million people visit the Taj Mahal each year.



Ursula Carter ~ 51 Alexander

AGING IN PLACE

Do you know the meaning of that phrase? The PLACE is right here: City Park, your place and mine! Aging in Place also means to stay here and enjoy our home right where we are.

Yes, we are all getting a little older and want to do this with a healthy mind and body.

We have something very special to help you stay in place, **EXERCISE CLASSES**, right here in our Peter Michael Gernon Hall. There is no need to go far.

The classes are free and there is a professional teacher!

And guess what is most important? We are friends and neighbours who are having a lot of fun at our sit-down classes. Well, mostly sit-down or easy stand behind your chair for balance. Yes, balance is the most important for all of us. It may help if you 'may be swaying' a little during every day happenings. No need to worry anymore; you are now prepared!

So, come and give us a try! I promise, you will love what the exercise will do for you and how precious the company of your friends and neighbours at CITY PARK turns out to be.

I very much look forward to seeing you at the Peter Michael Gernon Hall every **MONDAY** and **WEDNESDAY** morning from 10.00 a.m. – 11.00 a.m.

Rosie Orban ~ 484 Church



A HARBINGER OF SPRING

I first heard the doves cooing
on my early morning walk
in late winter

After long months of
ice and snow
this morning was
surprisingly mild
but a covering of snow
made walking relatively safe
from the build-up of ice
underneath

Fog was rising
all around
presaging a welcome change
in the weather

The doves offered the first birdsong
of the season
and the heart skipped a beat
in hope

The stillness of the early morning
was broken by an overhead goose
honking its imminent arrival
on a nearby river

Then a sister or brother goose
took a different path
to the river
directly overhead
and I greeted him or her
on this fine morning

The evergreen trees seemed
a darker green than usual
perhaps due to the early morning
hour
and the overcast sky



The land was still again
except for periodic distant cooing
and I stood quietly in the midst
of the stillness
not wanting to move
from this beautiful landscape
and soundscape
of silence

John Pollard ~ 31 Alexander

FREE PASSES

Did you know you can get free
passes for many Toronto attractions
at the Toronto Public Library?

The St. James Branch at Wellesley
and Sherbourne has passes for the
follow attractions:

Art Gallery of Ontario ('AGO')
Textile Museum
Toronto History Museum
Black Creek Pioneer Village
Gardiner Museum
Museum of Contemporary Art
Ontario Science Centre
Toronto Zoo
Royal Ontario Museum
Aga Khan Museum, and the
Bata Shoe Museum.

You must have a valid library card.

Passes are available on a first come,
first served basis on Saturday
mornings. This branch opens at 9:00
a.m., but please note there is often a
line up for the passes.

Other branches in the system may
have different passes available. You

can check the website:

<https://www.torontopubliclibrary.ca/museum-arts-passes/>

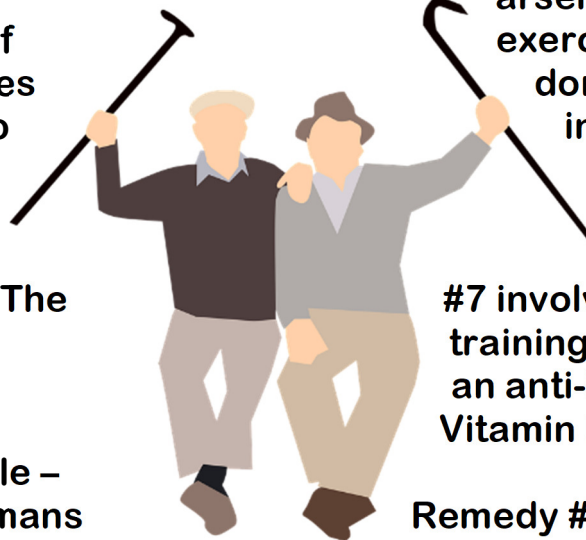
Jo-Anne Kennedy ~ 51 Alexander

THESE KNEES USED TO ROCK: NOW, THEY JUST CREAK

Our advancing years come bearing many gifts: wisdom, serenity, and afternoon naps. On the other hand, these same years bring sleep apnea machines, cataracts and arthritic joints which can cause mobility issues. They can also produce a cacophony of sounds that cause babies to cry. As hard as it is to believe, I am experiencing joint health issues, but I am aware of the remedies. The problem is taking the remedies.

Remedy #1 is very simple – keep moving. Why? Humans are supposed to move. After all, we have to catch our dinner. How can we keep moving around City Park? Take up bicycling, walking up and down your hall, or leg raises in bed. How about foot crunches while your laundry dries?

Remedy #2 urges you to protect your joints by being aware of your pain thresholds. Do not overdo the exercise. Alternate days is a good idea.



Remedy #3 is, for many of us, the hardest – maintaining your ideal weight. There are many guides to follow, especially your body mass index ('BMI'). It is alarming how easily we can become obese. Just ask Donald J. Trump. Excess weight creates more stress on the joints.

Remedy #4 is low impact exercise which, as previously mentioned, is provided by City Park's AIP twice a week. Aqua fit is another valuable exercise and is offered by the YMCA. It is a good idea to develop an arsenal of range-of-motion exercises which can be done at various times and in various places like the Open Board Meetings.

Remedies #5, #6 and #7 involve moderate weight training to strengthen muscles, an anti-inflammatory diet, Vitamin D and Calcium.

Remedy #8 will present a real challenge for some of you as it calls for you to stop smoking. Why? Most people are not aware that smoking has a serious negative effect on bones, joints, and may cause osteoporosis and rheumatoid arthritis. So butt out and add a few years to your life.

Declare war on joint pain by making a regular effort to practice good joint health in your golden years.

Tom Maunder ~ 51 Alexander

BUG TREATMENT PREP

This article is to clarify some of the confusion over how prepared you need to be for insect treatments.

First off, bed bugs are the absolute worst. I know from personal experience, and a lot of time and expense.

The most important thing, after you buy a new bed (if you have to), is to go to Sleep Country or another shop that you like and buy encasement bags to fit over your box spring and mattress. They fit super-snuggly. That way those horrible bloodsuckers can't hide and multiply in your beds. These covers are an enormous expense, but this is the first thing you must build into your budget in case, God forbid, you ever get them again.

Go to visit the guys at Dudley's Hardware store on Church north of Wellesley and ask them about how best to scare those little suckers away. A year after my first 'Attack of the Bedbugs' I thought (read 'pretty sure') I had a bite. The thought of another spray terrified me, so I went over there and purchased 'Promaxx Bed Bug Destroyer' for the encased mattress, gave it a good shot and went out for a couple of hours. Nothing ever reappeared. Dudley's is a great place to go.

Secondly, the sight of the skittering cockroach. There is a lot of confusion with Members regarding

what kind of treatment they're going to receive. If you're smart, the first time you see even just one, call the office and tell them that you need to have a gel treatment. This is completely different than a spray. I have had a couple of gel treatments over the years and all it involved was cleaning my counters of any food residue and putting away fruit etc. that I had out. That was it. The pest control company is in your unit for a short period of time and squirt this dark goo that hardens, about the size of half of a fingernail, in cupboard corners, behind the fridge and stove, under the kitchen sink etc. You hardly notice it. At least I don't, and I'm picky. Then they do the same thing in the bathroom. One important caveat: **do not clean it off.**

If you're one of those folks whose cupboards are crammed, then you will have to make some room for them to do the squirting, but you don't have to haul everything out. However, if you have an infestation, then it's time to get sprayed. Now you'll have to take everything out of your cupboards (which I hated). But then I hated the bed bugs too. But the gel was a breeze. So, stay on top of the cockroaches and report them immediately.

Remember first a gel (when you first notice them) and then it's spray time. Tell the office what you want and if you're at all confused, don't hesitate to contact the office and speak to Ruchi Rajpura.

PS. There's a **Toronto Health Pest Control Seminar coming up on Thursday May 23rd in the PMG Hall at 7:00 p.m.** Reminder notices will be posted.

Cathi Bond ~ 31 Alexander

DID YOU KNOW?

Ocean Falls, British Columbia gets, on average 456 centimetres (179.5 inches) of rain a year? That's certainly enough precipitation to rightfully earn the moniker Home of the Rain People.

SERVING ON CITY PARK'S BOARD OF DIRECTORS

Rewarding even if you cannot please everyone.

Please consider offering to serve at next September's AGM.

In a very short time, at the next Annual General Meeting (AGM) on September 14, 2019, City Park Members will have the opportunity to elect new Board representatives to serve City Park Co-op and its Members.

A few current Board Members and I will not be running for re-election. City Park's Organizational By-Law section 6.7 states: "No Director may serve more than two consecutive full terms." Wow 4 years have already gone by! Therefore, I would like to take this opportunity to encourage all City Park Members to consider

seeking election to the Board. I have had the privilege of serving as President of the Board and I can attest that while it is challenging, given the many issues keeping a large residential complex like City Park operational, it is also very rewarding personally knowing you have tried to continue making City Park an affordable, safe and desirable place to live in downtown Toronto.

What does serving on the Board of Directors look like? You will work closely with the eight other Members of our community elected to serve with you. Twice monthly, you will receive a Board package to review for the next Board meeting. You will be involved in making numerous decisions on what is best for City Park. As in all large communities not everyone will agree, some may whisper disagreement and some will be even more vocal, but as a Board Member, you will develop a bit of a thick skin, knowing that you are working with the other Board Members and trying to do your best for City Park Members. You will also work with various committees and projects where other City Park volunteers put in many hours to make City Park a great place to live.

Over the next months, the Board will help you access Board training sessions offered by the Co-operative Housing Federation of Toronto (CHFT) to provide you better understanding of what serving on a

co-op Board involves. The executive of the Board and other Board Members have also agreed to have one on one meetings with you, if you have specific questions you want to discuss. To schedule a meeting please contact our Housing Administrator, Corina Stavre and a Board Member will get back to you.

Please consider serving on City Park's Board of Directors.

Calvin Barrett, President –
City Park Board of Directors

NO ONE MISSES SNOW MORE THAN THESE GUYS!



PHOTOS BY JOHN GORDON

HAVE YOU BEEN PHISHED LATELY?

Spring is springing, the grass is greening, and the phishing has begun. What exactly is 'phishing' and why is it happening now when most sensible people are considering their balcony planter boxes?

Phishing usually flowers during late April when either delinquent or current income tax is due but can and does occur year 'round. Phishing is a corruption of the word 'fishing' and it refers to fraudulent emails from supposedly reputable institutions asking for your personal banking information or proof of identity. The phishing can also be done by phone and the sources of the phishing are varied. A bank you may use or have heard about, credit card companies, insurance companies, police departments and the myriad levels of government can all be used to create phishes.

In my case, the phishing was by phone and centered on an internet



security provider and Canada Revenue. The former was pushing five years of service for a low, prepaid monthly rate; the latter was threatening to arrest and jail time

for unpaid tax.

So how do you know you're being phished? Frequent robocalls which are often unintelligible due to poor connections, mispronunciations and rapidity of delivery. What is usually clear is the phone number to call and the short time you have to make that call before the police are at the door. People, often seniors, panic and reveal their information.

How to deal with phishers. Be vigilant and suspicious. Install call display on your phone. If you don't know the number, don't answer. Google any names given. Check into the veracity of any request for money by a long lost relative. Invest in security devices for your computer. Hang up on robocalls. Be suspicious of offers that seem too good to be true. Check out reputable websites for help with phishing. One such website is The Better Business Bureau at bbb.org/scamtracker.

There is no shame in being phished, but many people do feel ashamed and keep silent. There is a reason why phishers are also known as trolls.

Tom Maunder ~ 51 Alexander

IT TAKES A CO-OP TO REHABILITATE A KNEE

Late last October I had a complete reconstruction done on my right knee, as well as having a titanium rod removed. The rod was drilled into my hip and bolted into the old

knee bone. It was an extremely complicated procedure. While I was under, they brought in a surgeon, referred to as 'the Big Swede' to pull the rod out. Thank heavens I wasn't awake for that.

After three days I was home again, all by myself. But I wasn't. Buddha Poitras kindly loaned me a walker and I don't know how I would have survived without it. The device would have cost me hundreds of dollars, and Buddha offered his help.

When I discovered that I couldn't put things in or take them out of the oven and onto a plate, never mind carry them into the living room, Alice Dwornik came over to help. She also ran errands to Shoppers that I couldn't and even bought me a warm pair of bright red socks.

Meanwhile, there was Mitch Lambert. He drove me to and from every single physio and doctor's appointments and this went on for over a solid month - three times a week. Mitch also helped out with my groceries and even bought my beer. (Okay so I do enjoy a yummy barley sandwich.) These are just a few of the many ways Mitch helped out.

Judy did my laundry for me for nearly three months. I got some free underwear out of the deal and very nicely folded clothes. Sheldon brewed up his wild healthy juice concoctions and Jennifer brought

me some Tumeric to ward off a bad cold.

I don't know how I would have survived the first couple of months without the help of my friends at CP. The secret was really in just asking. They all truly rallied round when they knew I was in trouble. Reach out to your neighbours. You might find that they are amazing folks.

Cathi Bond ~ 31 Alexander

POWER UP WITH LENTILS

Packed with fibre, folate, iron, protein and other vitamins and minerals, this satisfying pulse may be the closest thing we have to the fountain of youth.

These legumes are available in a rainbow of colours (red, yellow, green and brown) and have a pleasant earthy flavour. Because of their protein and iron content, lentils make a great alternative to red meat.

Australian researchers who studied cross-cultural life expectancies found that eating these hearty seeds (and other legumes) is the single most important protective dietary factor in survival among the elderly, regardless of ethnicity.

Lentils contain more folate than any other unfortified plant food. In addition to helping protect against coronary artery disease by lowering

levels of homocysteine in the blood, this important B vitamin helps prevent some birth defects.

When it comes to fibre, just 100 grams of uncooked green lentils provide a woman's recommended daily requirement. Of the lentil's fibre, about a quarter of it is soluble, which your body digests at a slower rate; this helps keep blood-sugar levels even and helps lower cholesterol (thereby reducing the risk of heart disease) and keeps the digestive system running smoothly.



Lentils deliver an impressive amount of blood-fortifying iron – especially when paired with a food containing vitamin C, such as citrus fruit or sweet peppers. And like other legumes, lentils are a significant (and virtually fat-free) source of protein.

(Canadian Living magazine – 04/2019)

DID YOU KNOW?

Household air pollution was responsible for 3.8 million premature deaths worldwide in 2016, including those of more than 400,000 children under the age of five, according to the World Health Organization.

Pollution from vehicles is no longer the greatest air-quality concern. A 2018 study led by the National Oceanic and Atmospheric

Administration showed that emissions from chemicals in solutions such as cleaning agents and personal-care products constitute half of the fossil-fuel volatile organic compound (VOC) emissions in industrialized cities.



DEAR CRABBY:
Back by popular demand

Those Members of a certain vintage will possibly remember the old days when LINK ran a column called 'Dear Crabby'. The idea behind the column was that Members would write in with questions or issues to Crabby for his/her sometimes caustic opinions. The identities of Crabby and the Member were not revealed, but the question/concern was genuine. At the start of a new season, the staff of LINK thought it would be interesting to resurrect a tradition from the past. Please remember to submit your questions to LINK and Crabby will make his/her choice.

17/03/19

Dear Crabby,

I recently opened the door of my apartment to discover five pieces of paper in what is euphemistically

called a 'door drop'. I much prefer the expression 'door dump'. Four of the pieces were communications from the Property Management (often contradicting each other), and the fifth was a single-spaced diatribe against practically everyone. My back is still in pain from bending over to pick up the papers.

What can be done?

Thank you,
Sore Back.

....

22/03/19

Dear Sore Back,

You have my sympathy – strenuous exercise in the morning can be a challenge. Another challenge is effective communication in City Park. Here are some problems.

Information does need to get to the Members but, when put in the glass cases, it is sometimes ignored in the dash to the elevators. Posters in the public spaces are often defaced or removed. The plastic information sleeves on each floor are sometimes broken or missing. Dates for inspections change in the blink of the eye but each Member needs to know. From a legal standpoint, some documents must be left for each Member. Good luck with the City Park Website. As for the anonymous diatribe left at your door, be comforted that its' deposit has been caught on the security camera.

Remember Voltaren.

Crabby.

“No matter how bad things get, you got to go on living, even if it kills you.” – Sholom Aleichem

USUALLY ON A SUNDAY

The Aging in Place Project would like to announce its Spring lineup of Sunday Afternoon Presentations in the PMG. The presentations run from 2:00 p.m. to 4:00 p.m. with light refreshments and a raffle.

1. 31/03/19 – Mindfulness
2. 28/04/19 – Retiring on a low income.
3. 29/05/19 – Nigel Aplin does Mount Everest (Please note different day, Wednesday, and a different time, 6:00 to 8:00 p.m.).
4. 23/06/19 - City Park Member, Anthony King, will present a talk on the Elgin and Winter Garden Theatre Complex.

Thanks, and see you soon,
Rosie, Jo-Anne, and Tom.

SAVE THE DATE



TORONTO'S
ANNUAL
SPRING
CLEANUP DAY

SATURDAY
APRIL 27th, 2019
10:00 a.m.

The MaPS Committee has registered for the 16th annual city-wide Spring cleanup.

We are asking for membership support by volunteering their time to help clean up the public spaces around City Park Co-op, our home.

Your efforts will produce a more pleasant environment for us and our neighbours. This is a great Co-op Community building event and is an initiative of the MaPS Committee. More details to follow.

For more info, contact Warren Ewart: wee.ewart@gmail.com

A FUN QUIZ FOR BOOMERS:

HTTP://WWW.TREND-CHASER.COM/HISTORY/ARE-YOU-ABLE-TO-PASS-THIS-VINTAGE-ITEMS-QUIZ-MOST-CANT/42/

FIRE SAFETY TIPS

Prevention: Check your home for hazards and eliminate them. Most home fires are still caused by careless cooking, smoking and candle use.

Stay in the kitchen while cooking, keep the stove area clear and keep a pot lid handy to 'Put a lid on it' if a fire starts in a pan.

Blow out all candles before leaving the room or going to bed. Use sturdy holders and keep candles up and away from children and pets.

Keep matches and lighters up out of sight and reach of children.

Ensure cigarettes are stubbed out and empty only cold cigarette butts in the trash. NEVER put newly extinguished anything in our garbage chutes!

Use power bars with built-in circuit breakers; never use damaged cords and keep heaters away from things that can burn.

Excessive drinking contributes to fatal fires – watch anyone in your home who drinks excessively and then smokes or cooks.

Visit: toronto.ca/fire/prevention



FEDERAL BUDGET A WIN FOR CANADA'S SENIORS

CARP, Canada's largest advocacy organization for older adults, is applauding the federal government for investing in the financial security of our seniors in its recent budget.

"CARP has been calling for significant changes to safeguard Canadians as we age. The government has listened," said Laura Tamblyn Watts, CARP's Chief Public Policy Officer. "CARP

applauds the federal Liberal government for taking decisive action in reducing the GIS claw-back, increasing federal pension protections, supporting deferred annuities for seniors, a new EI caregiving benefit and housing supports for low income seniors."

"We also are very pleased to see some funding for a National Dementia Strategy, increases to the New Horizons for Seniors Program and automatic enrolment in CPP for adults over 70. Investments in digital connections and municipalities will also reduce social isolation and improve aging in place."

Last October, CARP released its national policy platform, 'The FACES of Canada's Seniors'. It calls on the federal government and all parties to commit to specific, measurable improvements in five key areas that matter most to our members. The five areas for action are: Financial Security, Abuse Prevention, Caregiving and Housing Supports, Exceptional Healthcare and Social Inclusion.

"CARP's FACES platform provided the government with a clear roadmap for improving the lives of Canadians as they age," said Watts. "We are pleased the government has listened to the voices of CARP's 320,000 members by implementing some of our key recommendations."

While the investments announced in

the recent budget are positive, CARP will continue to put pressure on the government to take action on defined benefit pension protections, housing and caregiver supports and a fully funded national dementia strategy.

“The budget [released in March] was good for seniors, but there is still work to be done,” said Bill VanGorder, CARP Board Member and National Chapter Spokesperson. “With the federal election only seven months away, CARP will continue to push all parties to take action on the issues that matter most to our members and to all Canadian seniors.”

For more information:
www.CARP.ca/faces

DON'T GET GRUMPY

Some older people—the ones who get grumpy and bitter—may never be able to accept that they're not going to reach the pinnacle of their career or that their looks have faded, or their children have grown and left home. But, for those who can let go of these attachments and get in contact with their ‘core selves,’ they may find a happiness they've never known, experts say.

A good first step toward happiness in old age is to stop looking toward external things for happiness and focus on the contentment of ‘simply being.’ Don't worry about what you

didn't achieve or what happened or didn't happen in the past; think about your life now. If you're having trouble being contented in the moment, you may want to consider classes that will help with inward focus, such as yoga, tai chi or meditation practices.

Thanks to advancements in health care, you may still have many good years ahead of you. Think of the new opportunities you can explore—in your golden years—such as new hobbies, new friends, a new home, new grandchildren, or just a good new book.

Make an effort to try these:

-volunteer and/or participate in new activities either here at the Co-op, the YMCA, a library or Senior Centre.

-Take a class

-Join a gym

-Try something outside your comfort zone

CITY PARK LAWN SALE

**SATURDAY
JUNE 1ST,
2019**



(Rain date June 2nd or July 6th)

REGISTRATION: MAY 26th, 2019

WASTE REDUCTION

Did you know that the City of Toronto manages over 900,000 tonnes of waste every year? This requires money, energy and resources, and takes up valuable landfill space. Waste reduction should always be top of mind as the less waste produced, the less there is to manage!

Here's a few great ways to reduce your waste:

DONATE:

Give items you're not using anymore a new life by donating them. Visit toronto.ca/reuseit for a list of organizations that accept clothing, books, toys, bikes, electronics, furniture, housewares & appliances.

REUSE:

Use reusable bags for shopping and gift giving, reusable bottles and mugs instead of disposables when on the go and real dishes and cutlery at events. When shopping, consider thrift stores and garage sales, but be mindful of bedbugs! Don't bring them home.

REPURPOSE:

Find new uses for things you would otherwise throw away. Use cookie tins for storage, turn old clothes into rags, use cans as pencil holders and use old jars as vases.

SWAP:

Organize a swap with friends or attend one of the many swap events happening in the city.

BORROW/SHARE/RENT:

Borrow tools, party supplies, camping gear, sports equipment, board games and toys from a lending library or share things like a ladder with neighbours. You can also rent clothing for special events or one-time use.

REPAIR:

Extend the life of items like clothing, appliances and electronics by repairing them and keep an eye out for repair events in the city.

SHOP CONSCIOUSLY:

Plan ahead, buy only what you need and consider the impact of packaging when making purchases.

Learn more at
toronto.ca/reusit

POPULAR REUSE SITES:

Bunz
Craigslist
Kijiji
Usedtoronto.com
Freecycle.org
Trash Nothing.





AN OPEN INVITATION TO ALL CITYPARK BOOK LOVERS

Come join us in the PMG Hall once a month on Monday evenings 7pm - 9pm starting April 29th for an evening of lively discussion on books and other interesting tidbits. For our first meeting we've chosen a wonderful book by Virginia Woolf called 'Orlando'.

'Orlando' has been described as an adult fairy tale – it's witty, poetic, satirical and sometimes laugh-out-loud funny. It's a story of an extraordinary individual who lives through centuries of English history. He first enters the book as a 16-year-old Elizabethan nobleman and leaves the book three centuries later as a 36-year-old liberated woman of the 1920's.

The book was made into a film starring Tilda Swinton (an inspired choice) with sumptuous settings & fabulous costumes.

If you're interested, please contact Warren Ewart at:
wee.ewart@gmail.com

Coffee and refreshments will be served.



SUBMISSIONS TO LINK

All Members are encouraged to submit material of interest to the Membership for consideration in LINK. All submissions must include your full name, building and apartment number. Kindly attach original unformatted MSWord docs to your email or type your article within the body of an email and send to: CityParkLINK@gmail.com



for reading this issue of LINK. If you are about to throw it away, kindly take it back to the rack at the front door so another Member can read it. Much appreciated from your friends at LINK.